




**ST PAUL with ST LUKE**  
CHURCH OF ENGLAND PRIMARY SCHOOL  
Leopold Street, Bow, London E3 4LA

# School Food /Healthy Eating Policy

## Version Control

To be reviewed June 2024

Version no	Amendments	Approval date
1	New policy- adopted Tower Hamlets Policy	June 2021  BENJAMIN ROACH

## Whole School Food Policy

**School Name:** St Paul with St Luke

**Date policy was approved:** 16.06.2021

**Review date:** June 2024

**Person(s) responsible for overseeing Healthy Eating:** Fahima Begum

**Person(s) writing this policy:** Nicola Horton and Fahima Begum

<p><b>Aim</b></p>	<p>The main aims of our school food policy are:</p> <ol style="list-style-type: none"> <li>1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards</li> <li>2. To support pupils to make healthy food choices and be better prepared to learn and achieve</li> <li>3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers</li> </ol>
<p><b>Context</b></p>	<p>“Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity<sup>1</sup>. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity<sup>2</sup>.”</p> <p>Obesity prevalence is highest amongst the most deprived groups in society<sup>3</sup>. Children in the most deprived parts of the country are more than twice as likely to be obese as their peers living in the richest areas<sup>4</sup>. This is sowing the seeds of adult diseases and health inequalities in early childhood.</p> <p>Obesity is associated with reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2</p>

	<p>diabetes, at least 12 kinds of cancer, liver and respiratory disease<sup>5</sup>, and obesity can impact on mental health<sup>6</sup>.”</p> <p>(Policy paper. Tackling obesity: empowering adults and children to live healthier lives. Published 27 July 2020, Department of Health and Social Care  <a href="https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives">https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives</a>)</p> <p>Locally, children in Tower Hamlets have high levels of excess weight (overweight or obesity). Among 4-5 year olds, 21.8% have excess weight (of whom 11.7% are obese) and among 10-11 year olds, 41.4% have excess weight (of whom 25.3% are obese) (NCMP data 2018/19 academic year). Both of these are above the average for London and England, although the levels of obesity among 4-5 year olds in Tower Hamlets are falling gradually.</p> <p>The issue of oral health also continues in Tower Hamlets, with high levels of children aged 5 years old who have one or more decayed, missing or filled teeth (2016-17). Tower Hamlets has 31.1% compared to the national figure of 23.3% and 25.7% in London (National Dental Epidemiology Programme for England: oral health survey of 5 year old children 2014/15 and 2016/17).</p>
--	--

## **CURRICULUM PROVISION and CONTENT**

<p><b>Physical Health and Mental Wellbeing (Health Education) – Statutory</b></p>	<ul style="list-style-type: none"> <li>• Mental Wellbeing</li> <li>• Internet Safety and Harms</li> <li>• Physical Health and Fitness</li> <li>• Healthy Eating</li> <li>• Drugs, Alcohol and Tobacco</li> <li>• Health and Prevention</li> <li>• Basic First Aid</li> <li>• Changing Adolescent Body</li> </ul> <p><b>By the end of primary school pupils should know:</b></p> <p><b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>• what constitutes a <b>healthy diet</b> (including understanding calories and</li> </ul>
---	---

	<p>other nutritional content).</p> <ul style="list-style-type: none"> <li>• the principles of <b>planning and preparing a range of healthy meals.</b></li> <li>• the characteristics of a <b>poor diet</b> and <b>risks</b> associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>
<b>Curricular and Extra-Curricular</b>	<p>Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition).</p> <p>The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.</p> <p>All food provision within the curriculum or cookery clubs will be healthy at all times.</p>

## **FOOD PROVISION**

<b>Breakfast club</b>	<p>Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.</p> <p>The school runs a daily breakfast club for pupils from 7.45 -9.00am</p> <p>The breakfast menu includes: ...bagels, non- sugary cereals, fruit, milk</p>
<b>Snacks</b>	<p>The school understands that healthy snacks can be an important part of the diet of young people.</p> <p>Pupils are able to access fruit every day at playtimes.</p> <p>Any after school snacks must be healthy and follow the principles of this policy, whether provided by the pupil or the school.</p> <p>As a Healthy School we do not allow crisps, sweets, or chocolates.</p>
<b>School Meals</b>	<p>School meals are provided by Contract Services</p>

	<p>School meals are planned on a 2 week cycle and as a Healthy School we have actively chosen the Reduced Sugar Menu.</p> <p>We encourage and promote uptake of salad, fruit and vegetables at all times to all pupils.</p> <p>We consult termly with pupils, staff, governors and our catering provider around menu options, choices, portion sizes and quality control. We work with our school caterer to constantly review and improve school food.</p> <p>We have worked to improve the lunchtime experience for all pupils (Gold Award 2019), making every effort to reduce queues and making lunchtimes a more enjoyable and stress free experience for pupils.</p>
<p><b>Packed Lunches</b></p>	<p>Packed lunches should aim to include:</p> <ul style="list-style-type: none"> <li>• Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible</li> <li>• 1 portion of fruit and 1 portion of vegetables or salad</li> <li>• Dairy food such as cheese or yoghurt</li> <li>• Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel</li> <li>• Oily fish once every 3 weeks e.g. sardines or salmon</li> </ul> <p>Packed lunches should not include:</p> <ul style="list-style-type: none"> <li>• Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars</li> <li>• Sweets</li> <li>• Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts</li> </ul> <p>The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink, however drinks included in packed lunches must not be fizzy and must be healthy and non- sugary.</p>
<p><b>Water Provision</b></p>	<p>The school has drinking fountains in the playground and has provided all children with a water bottle for use in school. At lunchtimes jugs of water and cups are on the lunch tables for children to help themselves.</p>

	Lunchtime ambassadors help and encourage children to drink water in the lunch hall.
<b>School Trips</b>	<p>A healthy packed lunch will be provided by the school, for all children who usually have a school meal.</p> <p>Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.</p>
<b>Specialist dietary requirements</b>	<p>The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.</p> <p>Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans.</p> <p>We are a nut free school.</p>

## **INITIATIVES**

<b>Sugar Smart</b>	<p>Our school has signed the Sugar Smart Pledge, a national campaign backed by the Mayor of Tower Hamlets, The Healthy Lives Team and the Public Health Team, with the aim of reducing sugar consumption, tackling obesity and improving oral health across the Borough.</p> <p>For further details on becoming a Sugar Smart School, to receive resources or to undertake this as a Healthy Schools Award, please email Kate Smith, Head of the Healthy Lives Team: kate.smith@towerhamlets.gov.uk.</p>
--------------------	--

## **REWARDS AND SPECIAL OCCASIONS**

<b>Rewards</b>	The school does not allow food to be used as a reward for good behaviour or achievement.
----------------	--

	<p>Other methods of positive reinforcement used in school include:  School values stickers, book tokens, pupil of the week celebrated in weekly assemblies and newsletters and children sit at the top table on Fridays, class points and dojos, small weekly prizes</p>
<p><b>Special events, celebrations and Birthdays</b></p>	<p>The school recognises the importance of celebrating birthdays and special occasions.</p> <p>For birthday celebrations, every effort will be made to celebrate birthdays in a healthy way, for example by celebrating with birthday stickers and singing 'happy birthday' in the pupil of the week assembly.</p> <p>We welcome any healthy contributions that parents who would like to send in for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.</p> <p>For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.</p>

## **CONSULTATION AND PARTNERSHIPS**

<p><b>Parents</b></p>	<p>Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.</p> <p>Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.</p> <p>Staff consult with parents/carers when they identify children who are reluctant eaters or who need help with healthy eating and/or nutrition. Parents/carers are signposted to the SENDCo and external agencies if needed.</p>
<p><b>Staff</b></p>	<p>The school encourages staff to contribute to and support this food policy</p>

	<p>across the school day. Staff and visitors will be encouraged to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.</p>
--	--



## Appendix 1 - Eatwell Guide

